

Living Well

EMPLOYEE HEALTH & BENEFITS

Stall Talk



Copies available at tpm.scgov.net or from Angela Deem at adeem@scgov.net

Aetna Navigator Classes

Navigating through the Aetna website can yield valuable information and open up a world of resources to help you take control of your health and healthcare expenses. An Aetna representative will familiarize employees with the features of the Aetna Navigator website in order to take full advantage of its offerings. Please sign up for one of the following classes using TRAC:

Thursday, April 26th 11am-12pm &
Thursday, May 17th 1-2pm
Administration Building, 1660 Ringling
Large Training Room

For more information, contact Karin Botelho at kbotelho@scgov.net or at 861-5289.

Effective Communication Class

Interpersonal communication is a basic life skill. Your ability to communicate effectively largely determines your personal happiness. When you communicate effectively, you make and keep friends; you are valued at work and people respect and trust you.

Tuesday, May 22nd
11:30-1:00 pm
Falcon Room, BOB Bldg

This class will cover: Planning (develop common goals); Linking (base relationships on mutual trust); Informing (verify interpretations); Learning (remain open to receiving feedback); Balancing (accept, decline, and renegotiate agreements).

Register on TRAC 1FIT3052

Healthy Eating Every Day Program (HEED)



We all *know* what we should and shouldn't eat to be healthy. But...knowing what we should eat doesn't mean we follow through with good eating habits.

Now there's help. The Living Well Program offers **Healthy Eating Every Day (HEED)** – a course to help you change your habits...for good. The HEED program will help you identify the triggers that cause you to eat unhealthy foods...and it shows you ways to overcome those triggers.

Whether you want to reduce fat and calories or eat more fruits and vegetables, **Healthy Eating Every Day** will teach you how to achieve your goals.

Learn how to overcome triggers to poor eating...tricks for better grocery shopping...even how to survive a trip to a fast food restaurant.

When: Wednesdays, beginning June 6th
(20 weeks)

Time: 12:00-1:00 pm

Where: BOB Bldg, 1001 Sarasota Center Blvd, Conf Room 4

Register on TRAC 1FIT3048

For more information, contact Natalie Rotella at nrotella@scgov.net or at 650-5294.